



Battling the COVID-19 15

WEIGHT LOSS

Many of you are on a weight loss journey. During this time, you might find it difficult, frustrating and discouraging. But hang in there! Staying in contact with people who are on a similar journey as yourself or people who have made the journey, will be a huge boost to your morale. Move as often as possible. Don't allow yourself to become stagnant. This will only lead to further loss of optimism and can lead to binge eating and mindless snacking.

- Meal Planning
- Caloric Deficit
- Macro/Micro Nutrients
- Exercise
- Do Not Drink your Calories
- Sleep

Meal Planning: Now is a great time for meal prepping. Not only will it give you something to do to occupy your time, it will set you up for success. Meal prepping will ensure you are hitting your daily macros, balancing your protein, carbohydrates and healthy fats. This will also help ensure you are receiving the proper micronutrients that will help fight off illness.

****You can also try intermittent fasting to see how your body responds and how it might fit into this current, temporary lifestyle****

Caloric Deficit: Maintaining a caloric deficit is important. Take notes of what you have eaten as well as (if possible) your caloric expenditure (calories burned). Adjust your food intake accordingly on less active days.

Macronutrients/Micronutrients: Maintaining balanced macro and micronutrients will help your body maintain the energy it takes to get through workouts, build lean muscle, eliminate unneeded fats, and help you fight off diverse illnesses.

Exercise: Exercise comes in many forms. Staying mobile is one of them. Move around as much as possible. Set aside a time or times during the day to do a couple twenty minute workouts if you lack time to do a full hour. The human body is very intricate. Everyone's body is different. What may work for one person, may not be as effective for you. Here are a few examples of what to try:

- Fasted Cardio
- Short Cardio session after weight training
- High Intensity Interval Training (HIIT)

DO NOT DRINK YOUR CALORIES: When eating calories in the form of food, your body feels fuller and you naturally reduce your food intake. However, when ingesting liquid calories, the body doesn't recognize it as solid food and you will feel the need to eat more, thus you will intake many more calories, perhaps without realizing it. Examples of liquid calories include, but are not limited to, overuse of protein shakes, milk, sodas, fruit juice, and alcohol.

Sleep: Getting adequate sleep is a very important key to maintaining weight loss. Sleep and recovery keeps your organs working properly, gives your muscles an opportunity to rebuild, and gives you the rest you need to recover and have the energy to keep yourself in a daily routine.